

2012 HELLS GATE DUATHLON

Lewiston, ID 08/25/2012 10:00 am HOT

Directed by: Dr. Mike Collins

Timing by: LCSC Cross Country (208) 792-2308

OVERALL RESULTS

Place	No.	C NAME	City	St	Ag	S	DivP	Rank	RUN1	Rank	T1BIKET2	Rate	Rank	RUN2	Pace	Rank	TIME
1.	1007	TEAM FROELICH	PULLMAN	WA				1	11:50	1	32:56	21.9	1	12:21	6:11	1	57:06
2.	1008	TEAM HISCOCK HART	PULLMAN	WA				4	13:15	3	33:23	21.6	5	14:02	7:01	2	1:00:39
3.	1037	ADAM STARKEY	MOSCOW	ID	27	M	1	2	12:04	8	38:40	18.6	2	12:39	6:20	3	1:03:21
4.	1026	JEFF HUSTON	SPOKANE	WA	30	M	1	7	13:45	5	36:40	19.6	8	14:48	7:24	4	1:05:11
5.	1014	DAVID BINGAMAN	SPOKANE VALLEY	WA	30	M	2	5	13:17	9	38:41	18.6	3	13:33	6:47	5	1:05:29
6.	1003	TEAM BEDIRIAN	PULLMAN	WA				26	15:57	2	33:19	21.6	19	16:49	8:25	6	1:06:05
7.	1038	SCOTT STEVENS	SPOKANE	WA	45	M	1	3	13:09	12	41:12	17.5	6	14:22	7:11	7	1:08:42
8.	1046	TEAM RUGGIERO-SMITH	CLARKSTON	WA		U		20	15:18	4	36:35	19.7	20	16:54	8:27	8	1:08:46
9.	1054	TODD KINLEY	COLFAX	WA	37	M	1	6	13:27	10	40:10	17.9	12	15:19	7:40	9	1:08:55
10.	1050	JAY HESSE	LEWISTON	ID	43	M	1	11	14:09	11	40:20	17.9	17	16:20	8:10	10	1:10:47
11.	1004	TEAM CAIN	MOSCOW	ID				19	15:10	7	38:19	18.8	23	17:26	8:43	11	1:10:54
12.	1042	TEAM MCKINLEY & MCKIN	MOSCOW	ID		U		14	14:29	16	42:38	16.9	7	14:24	7:12	12	1:11:30
13.	1043	SHEILA FLOCK	CLARKSTON	WA	45	F	1	13	14:24	13	41:54	17.2	11	15:18	7:39	13	1:11:35
14.	1023	NICK HASSELSTROM	CLARKSTON	WA	63	M	1	9	13:52	15	42:36	16.9	10	15:12	7:36	14	1:11:38
15.	1010	TEAM TYSON	LEWISTON	ID				15	14:36	14	42:24	17.0	9	15:04	7:32	15	1:12:03
16.	1006	TEAM EFIRD	LEWISTON	ID				8	13:50	19	44:27	16.2	4	13:52	6:56	16	1:12:08
17.	1005	TEAM DAVIS	CRAIGMONT	ID				33	17:07	6	37:47	19.1	24	17:27	8:44	17	1:12:20
18.	1053	RICHARD PARTAIN	PULLMAN	WA	40	M	2	10	14:05	23	45:45	15.7	13	15:24	7:42	18	1:15:14
19.	1045	MARTIN ARNZEN	MOSCOW	ID	37	M	2	18	14:49	24	45:49	15.7	15	16:12	8:06	19	1:16:49
20.	1047	BILL DRUFFEL	PULLMAN	WA	41	M	3	22	15:33	29	46:52	15.4	21	17:03	8:32	20	1:19:27
21.	1056	STACY YOUNG	CLARKSTON	WA	41	F	1	17	14:47	33	49:10	14.6	14	15:47	7:54	21	1:19:42
22.	1048	TYSON CRANSTON	LEWISTON	ID	39	M	3	21	15:26	31	48:08	15.0	16	16:18	8:09	22	1:19:51
23.	1025	DAVID HULME	SPOKANE	WA	42	M	4	24	15:49	20	44:27	16.2	35	19:42	9:51	23	1:19:57
24.	1019	NICHOLE EATON	PULLMAN	WA	40	F	2	27	16:14	26	46:48	15.4	22	17:13	8:37	24	1:20:13
25.	1057	MARC STAPLETON	NEZPERCE	ID	50	F	1	23	15:44	32	48:16	14.9	18	16:28	8:14	25	1:20:27
26.	1021	MARTY GOSS	SPOKANE VALLEY	WA	51	M	1	25	15:50	18	44:26	16.2	41	20:33	10:17	26	1:20:48
27.	1052	CHARLENE SCHEIBE	MOSCOW	ID	28	F	1	29	16:30	30	47:50	15.1	26	17:47	8:54	27	1:22:06
28.	1035	LEISA RACKHAM	SANDPOINT	ID	44	F	3	37	17:40	22	45:23	15.9	32	19:29	9:45	28	1:22:30
29.	1013	BUSTER BANDY	SANDPOINT	ID	54	M	2	38	17:40	21	45:23	15.9	33	19:39	9:50	29	1:22:40
30.	1055	MEGAN WILSON	NEZPERCE	ID	45	F	2	39	17:51	27	46:48	15.4	28	18:25	9:13	30	1:23:02
31.	1032	KAREN MULLIKIN	CLARKSTON	WA	44	F	4	32	16:56	25	46:15	15.6	39	20:11	10:06	31	1:23:21
32.	1016	MICHAEL CORTNER	OTIS ORCHARDS	WA	55	M	1	34	17:09	28	46:51	15.4	38	20:02	10:01	32	1:24:01
33.	1015	JAKE CANNER	LEWISTON	ID	27	M	2	12	14:13	36	53:05	13.6	30	18:59	9:30	33	1:26:16
34.	1029	NATHAN KALAL	SPOKANE	WA	33	M	3	16	14:47	46	54:49	13.1	25	17:42	8:51	34	1:27:17
35.	1027	JANICE HUSTON	SPOKANE	WA	29	F	2	28	16:28	45	54:43	13.2	27	18:17	9:09	35	1:29:27
36.	1012	TEAM WALLACE & WALLAC	POST FALLS	ID				49	22:47	17	43:50	16.4	48	23:22	11:41	36	1:29:58
37.	1049	MICHELLE CRANSTON	LEWISTON	ID	38	F	1	30	16:41	40	53:59	13.3	31	19:21	9:41	37	1:30:00
38.	1011	TEAM UNZICKER	SPOKANE	WA				36	17:25	43	54:33	13.2	29	18:28	9:14	38	1:30:25
39.	1009	TEAM MCLAM	MOSCOW	ID				47	20:51	35	50:29	14.3	37	19:47	9:54	39	1:31:06
40.	1020	JUSTIN GIMLIN	CLARKSTON	WA	31	M	4	35	17:12	41	54:24	13.2	34	19:42	9:51	40	1:31:17
41.	1044	VICKI VOGEL	LEWISTON	ID	52	F	2	40	17:55	37	53:07	13.6	43	21:02	10:31	41	1:32:02
42.	1024	RACHEL HILDIE	ISSAQUAH	WA	19	F	1	42	18:06	39	53:47	13.4	42	20:47	10:24	42	1:32:39
43.	1041	TEAM WEBB	LEWISTON	ID		U		43	19:01	38	53:35	13.4	40	20:22	10:11	43	1:32:57
44.	1051	HELEN SCHEIBE	MOSCOW	ID	28	F	3	31	16:45	50	56:41	12.7	36	19:43	9:52	44	1:33:08
45.	1030	KARI KELLI	SPOKANE	WA	43	F	5	41	17:59	47	54:53	13.1	44	21:37	10:49	45	1:34:28
46.	1017	KARON CORTNER	OTIS ORCHARDS	WA	50	F	3	50	23:07	34	50:26	14.3	47	23:12	11:36	46	1:36:44
47.	1022	BITSY GOSS	SPOKANE VALLEY	WA	52	F	4	45	19:21	48	55:17	13.0	46	23:08	11:34	47	1:37:45
48.	1036	TRACY SMISEK	MOSCOW	ID	43	F	6	44	19:18	44	54:39	13.2	49	23:49	11:55	48	1:37:45

49.	1001	TEAM MCLAM & MCLAM	MOSCOW	ID		46	20:51	42	54:25	13.2	45	23:06	11:33	49	1:38:21	
50.	1028	HOLLY JASINSKI	CLARKSTON	WA	30 F	1	48	21:29	49	56:03	12.8	50	24:44	12:22	50	1:42:15
51.	1033	COLLEEN O'DONNELL	SPOKANE	WA	43 F	7	51	29:35	52	1:22:31	8.7	51	31:17	15:39	51	2:23:22
52.	1040	DIANE TINDAL	SPOKANE	WA	46 F	3	52	29:35	51	1:22:20	8.7	52	31:28	15:44	52	2:23:22
53.	1018	NILA DAVIS	LIBERTY LAKE	WA	21 F	1						53	1:52:56	56:28	53	2:43:34
54.	1034	BROOKE PETERSON	LIBERTY LAKE	WA	20 S							54	1:52:57	56:29	54	2:43:35

54 records processed.

RELAY RESULTS (ALL CATEGORIES)

Place	T	No.	Team	Rank	RUN1	Rank	T1BIKET2	Rate	Rank	RUN2	Pace	Rank	TIME
1.	V	1007	TEAM FROELICH	1	11:50	1	32:56	21.9	1	12:21	6:11	1	57:06
2.	V	1008	TEAM HISCOCK-HART	2	13:15	3	33:23	21.6	3	14:02	7:01	2	1:00:39
3.	V	1003	TEAM BEDIRIAN	7	15:57	2	33:19	21.6	6	16:49	8:25	3	1:06:05
4.	V	1004	TEAM CAIN	6	15:10	5	38:19	18.8	7	17:26	8:43	4	1:10:54
5.	V	1042	TEAM MCKINLEY	4	14:29	7	42:38	16.9	4	14:24	7:12	5	1:11:30
6.	V	1010	TEAM TYSON	5	14:36	6	42:24	17.0	5	15:04	7:32	6	1:12:03
7.	V	1006	TEAM EFIRD	3	13:50	9	44:27	16.2	2	13:52	6:56	7	1:12:08
8.	V	1005	TEAM DAVIS	8	17:07	4	37:47	19.1	8	17:27	8:44	8	1:12:20
9.	V	1012	WALLACE & WALLACE	13	22:47	8	43:50	16.4	13	23:22	11:41	9	1:29:58
10.	V	1011	TEAM UNZICKER	9	17:25	13	54:33	13.2	9	18:28	9:14	10	1:30:25
11.	V	1009	TEAM MCLAM	12	20:51	10	50:29	14.3	10	19:47	9:54	11	1:31:06
12.	V	1041	TEAM WEBB/FORSMANN	10	19:01	11	53:35	13.4	11	20:22	10:11	12	1:32:57
13.	V	1001	MCLAM & MCLAM	11	20:51	12	54:25	13.2	12	23:06	11:33	13	1:38:21

OVERALL FEMALE RESULTS - TOP 3

Place	No.	C	NAME	City, State	Ag	S	Rank	TIME
1.	1043		SHEILA FLOCK	CLARKSTON, WA	45	F	1	1:11:35
2.	1056		STACY YOUNG	CLARKSTON, WA	41	F	2	1:19:42
3.	1019		NICHOLE EATON	PULLMAN, WA	40	F	3	1:20:13

MASTERS FEMALE RESULTS - TOP 3

Place	No.	C	NAME	City, State	Ag	S	Rank	TIME
1.	1043		SHEILA FLOCK	CLARKSTON, WA	45	F	1	1:11:35
2.	1056		STACY YOUNG	CLARKSTON, WA	41	F	2	1:19:42
3.	1019		NICHOLE EATON	PULLMAN, WA	40	F	3	1:20:13

FEMALE AGE GROUP RESULTS

FEMALE AGE GROUP: 19 & Under

Place	No.	C NAME	City, State	Ag	S	Rank	TIME
1.	1024	RACHEL HILDIE	ISSAQUAH, WA	19	F	1	1:32:39

FEMALE AGE GROUP: 20 - 24

Place	No.	C NAME	City, State	Ag	S	Rank	TIME
1.	1018	NILA DAVIS	LIBERTY LAKE, WA	21	F	1	2:43:34

FEMALE AGE GROUP: 25 - 29

Place	No.	C NAME	City, State	Ag	S	Rank	TIME
1.	1052	CHARLENE SCHEIBE	MOSCOW, ID	28	F	1	1:22:06
2.	1027	JANICE HUSTON	SPOKANE, WA	29	F	2	1:29:27
3.	1051	HELEN SCHEIBE	MOSCOW, ID	28	F	3	1:33:08

FEMALE AGE GROUP: 30 - 34

Place	No.	C NAME	City, State	Ag	S	Rank	TIME
1.	1028	HOLLY JASINSKI	CLARKSTON, WA	30	F	1	1:42:15

FEMALE AGE GROUP: 35 - 39

Place	No.	C NAME	City, State	Ag	S	Rank	TIME
1.	1049	MICHELLE CRANSTON	LEWISTON, ID	38	F	1	1:30:00

FEMALE AGE GROUP: 40 - 44

Place	No.	C NAME	City, State	Ag	S	Rank	TIME
1.	1056	STACY YOUNG	CLARKSTON, WA	41	F	1	1:19:42
2.	1019	NICHOLE EATON	PULLMAN, WA	40	F	2	1:20:13
3.	1035	LEISA RACKHAM	SANDPOINT, ID	44	F	3	1:22:30
4.	1032	KAREN MULLIKIN	CLARKSTON, WA	44	F	4	1:23:21
5.	1030	KARI KELLI	SPOKANE, WA	43	F	5	1:34:28
6.	1036	TRACY SMISEK	MOSCOW, ID	43	F	6	1:37:45
7.	1033	COLLEEN O'DONNELL	SPOKANE, WA	43	F	7	2:23:22

FEMALE AGE GROUP: 45 - 49

Place	No.	C NAME	City, State	Ag	S	Rank	TIME
1.	1043	SHEILA FLOCK	CLARKSTON, WA	45	F	1	1:11:35
2.	1055	MEGAN WILSON	NEZPERCE, ID	45	F	2	1:23:02
3.	1040	DIANE TINDAL	SPOKANE, WA	46	F	3	2:23:22

FEMALE AGE GROUP: 50 - 54

Place	No.	C NAME	City, State	Ag	S	Rank	TIME
1.	1057	MARC STAPLETON	NEZPERCE, ID	50	F	1	1:20:27
2.	1044	VICKI VOGEL	LEWISTON, ID	52	F	2	1:32:02
3.	1017	KARON CORTNER	OTIS ORCHARDS, WA	50	F	3	1:36:44
4.	1022	BITSY GOSS	SPOKANE VALLEY, WA	52	F	4	1:37:45

OVERALL MALE RESULTS - TOP 3

Place	No.	C NAME	City, State	Ag	S	Rank	TIME
1.	1037	ADAM STARKEY	MOSCOW, ID	27	M	1	1:03:21
2.	1026	JEFF HUSTON	SPOKANE, WA	30	M	2	1:05:11
3.	1014	DAVID BINGAMAN	SPOKANE VALLEY, WA	30	M	3	1:05:29

MASTERS MALE RESULTS - TOP 3

Place	No.	C NAME	City, State	Ag	S	Rank	TIME
1.	1038	SCOTT STEVENS	SPOKANE, WA	45	M	1	1:08:42
2.	1050	JAY HESSE	LEWISTON, ID	43	M	2	1:10:47
3.	1023	NICK HASSELSTROM	CLARKSTON, WA	63	M	3	1:11:38

MALE AGE GROUP RESULTS

MALE AGE GROUP: 25 - 29

Place	No.	C NAME	City, State	Ag	S	Rank	TIME
1.	1037	ADAM STARKEY	MOSCOW, ID	27	M	1	1:03:21
2.	1015	JAKE CANNER	LEWISTON, ID	27	M	2	1:26:16

MALE AGE GROUP: 30 - 34

Place	No.	C NAME	City, State	Ag	S	Rank	TIME
1.	1026	JEFF HUSTON	SPOKANE, WA	30	M	1	1:05:11
2.	1014	DAVID BINGAMAN	SPOKANE VALLEY, WA	30	M	2	1:05:29
3.	1029	NATHAN KALAL	SPOKANE, WA	33	M	3	1:27:17
4.	1020	JUSTIN GIMLIN	CLARKSTON, WA	31	M	4	1:31:17

MALE AGE GROUP: 35 - 39

Place	No.	C NAME	City, State	Ag	S	Rank	TIME
1.	1054	TODD KINLEY	COLFAX, WA	37	M	1	1:08:55
2.	1045	MARTIN ARNZEN	MOSCOW, ID	37	M	2	1:16:49
3.	1048	TYSON CRANSTON	LEWISTON, ID	39	M	3	1:19:51

MALE AGE GROUP: 40 - 44

Place	No.	C NAME	City, State	Ag	S	Rank	TIME
-------	-----	--------	-------------	----	---	------	------

1.	1050	JAY HESSE	LEWISTON, ID	43	M	1	1:10:47
2.	1053	RICHARD PARTAIN	PULLMAN, WA	40	M	2	1:15:14
3.	1047	BILL DRUFFEL	PULLMAN, WA	41	M	3	1:19:27
4.	1025	DAVID HULME	SPOKANE, WA	42	M	4	1:19:57

MALE AGE GROUP: 45 - 49

Place	No.	C NAME	City, State	Ag	S	Rank	TIME
1.	1038	SCOTT STEVENS	SPOKANE, WA	45	M	1	1:08:42

MALE AGE GROUP: 50 - 54

Place	No.	C NAME	City, State	Ag	S	Rank	TIME
1.	1021	MARTY GOSS	SPOKANE VALLEY, WA	51	M	1	1:20:48
2.	1013	BUSTER BANDY	SANDPOINT, ID	54	M	2	1:22:40

MALE AGE GROUP: 55 - 59

Place	No.	C NAME	City, State	Ag	S	Rank	TIME
1.	1016	MICHAEL CORTNER	OTIS ORCHARDS, WA	55	M	1	1:24:01

MALE AGE GROUP: 60 - 64

Place	No.	C NAME	City, State	Ag	S	Rank	TIME
1.	1023	NICK HASSELSTROM	CLARKSTON, WA	63	M	1	1:11:38

